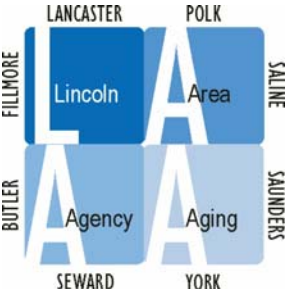


Center Hours: 9AM - 1PM
Monday - Friday
Manager: Nancy Castillo
441-8483

Calvert ActivAge Center
4500 Stockwell



1005 “O” Street
Lincoln, NE 68508
441-7158

OCTOBER 2006

- 🔗 ADDRESS CHANGE - We are back at 4500 Stockwell as of October 2, 2006.
- 🔗 Transportation available for \$1.00 make reservations by 12:00 the day before you want to come in.
- 🔗 Lunch served at 11:30. Reservations are needed 2 days in advance of the day you want to eat.
- 🔗 Sack lunches now available! These lunches may be taken home. They are made fresh daily and provide a balanced meal. Cost is a suggested contribution of \$2.00. Reservations are needed two days before you wish to pick them up.
- 🔗 Come join us for good conversation, health talks, exercise, companionship, good food and much much more..
- 🔗 GOOD THINGS HAPPEN WHEN YOU TURN 60!!!!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 AM - Advanced German Class 9:30 - Coffee & News 10:30-11:30 Low Impact exercise 10:30 Food Net 11:30 Lunch: Swiss Steak	3 9:00 - <i>Pinochle</i> 9:30 - Coffee and News 11:30 Lunch : Chicken ala King 12:30 Bridge Bring your favorite cookies to share.	4 9:30-11:30 - Massages by Rick 10:15-11:00 <i>Low Impact exercise</i> 10:00 <i>Skip Bo</i> 11:00-12:00 <i>Writing Group Meets</i> 11:30 Lunch: Meatball Stew	5 10:00 Word Search & other Puzzles 10:30 - Fall Prevention - presented by Matt Ramsheck of Homestead Healthcare 11:00 - Learn the basics of Tai Chi by Laura LaDue 11:30 Lunch: Lemon Pepper Chicken 12:30 Bridge	6 9:00 - Walking in the Gym 9:30 - Coffee & News 11:00 Bingo & Lunch @ Haven Manor
9 8:30 AM - Advanced German Class 9:30 - Coffee & News 10:30-11:30 Low Impact exercise 11:30 Lunch: Baked Fish	10 9:00 - <i>Pinochle</i> 9:30 - Coffee and News 10:30 - <i>Blood Pressure checks by Haven Manor</i> 11:30 Lunch : Ham Slice 12:30 - Bridge Bring your favorite cookies to share.	11 10:15-11:00 <i>Low Impact exercise</i> 11:00 <i>Presentation by Lifetime Health on Osteoposaris - Find out more about this disease and what a bone density scan tells you....</i> 11:30 Lunch: Oven Fried Chicken 12:30 Shopping Assistance Make reservations by Mon 10/9 6 PM - “Travelogue Series - Alaska	12 10:00 Word Search & other Puzzles 11:00 Learn the basics of Tai Chi by Laura LaDue 11:30 Lunch: Spaghetti Bake 12:30 - Bridge October Birthday Celebration Dinner & a Show - Joe Taylor	13 9:30 - Walking in the Gym 11:00 Bingo - Bring a prize 11:30 Lunch: Salisbury Steak

<p>16</p> <p>8:30 AM - Advanced German Class 9:30 - 11:30 - Bone Density Scan by appointment 9:30 - Coffee & News 10:30- <i>Low Impact Exercises</i> 11:30 Lunch - Chili</p>	<p>1</p> <p>7</p> <p>Clinic Transportation Day **Sign up by Oct 13 - Lunch Downtown for those going to clinic. 9:30 - Coffee & News 11:30 - Lunch - Cube Steak 12:30 Bridge</p> <p>Bring your favorite cookies to</p>	<p>18</p> <p>10:15-11:00 <i>Low Impact exercise</i> 10:00 - <i>Skip Bo</i> 11:00-12:00 <i>Writing Group</i> 11:30 Lunch: BBQ Pork Ribettes</p>	<p>19</p> <p>10:00 Word Search & other Puzzles 11:00 Learn the basics of Tai Chi by Laura LaDue 11:30 Lunch: Salmon Filet 12:30 Bridge</p>	<p>2</p> <p>0</p> <p>9:00 Walking in the Gym 10:45 Bingo - Please bring a prize 11:30 Lunch: Chicken</p>
<p>23</p> <p>8:30 AM - Advanced German Class 9:30 - Coffee & News 10:30-11:30 Low Impact exercise 10:30 - Food Net 11:30 Lunch: Shepherd's Pie</p>	<p>24</p> <p>9:00 - Pinochle 9:30 - Coffee & News 11:30 - Lunch - Meat Loaf 12:30 Bridge Bring your favorite cookies to share.</p>	<p>25</p> <p>10:15-11:00 <i>Low Impact exercise</i> 10:00 <i>Skip Bo</i> 11:00-12:00 <i>Writing Group</i> 11:30 Lunch: Roast Beef 12:30 Shopping Assistance - Make reservations by 10/23 1:00 - Commodities Delivered</p>	<p>26</p> <p>10:00 Word Search & other Puzzles 11:00 Learn the basics of Tai Chi by Laura LaDue 11:30 Lunch: Smothered Pork Chop 12:30 Bridge</p>	<p>27</p> <p>9:30 Walking in the Gym 11:00 Bingo - Please bring a prize 11:30 Lunch: Hamburger Patty</p>
<p>30</p> <p>9:30 - Coffee & News 10:30-11:30 Low Impact exercise 11:30 - Lunch - BBQ Chicken</p>	<p>31</p> <p>9:00 - Pinochle 9:30 - Coffee & News 11:30 Lunch: Pork Tenderloin Sandwich 12:30 Bridge Bring your favorite cookies to share.</p> <p><i>Halloween Party</i></p>	<p>1. Pitch groups forming - call for details.</p> <p>LCP - Lincoln Community Playhouse LSO - Lincoln Symphony Orchestra</p>	<p>**Travelogue Series **</p> <p>Experience different parts of the world from the comfort of movie theater seats. These presentations are professionally prepared and are presented at the Edgewood Theater. Transportation available - must have three riders to transport. They are informational and something you might want to consider if you are planning a trip to one of the locations presented.</p>	<p>Coming in November - November 2 - Flu Shots 8-9:30AM November 13 - Thanksgiving Meal w/entertainment December - December 8 - Holiday Lights Tour and Dinner. Dinner @5:30 - 6:00 . Board Star Tran Buses to take a tour of Lincoln Lights @ 7PM - Buses pull up to the front of the Downtown ActivAge Center. December 11 - Holiday Meal</p>